

# Top Tips for Developing Bottom Wiping

Below is a list of strategies which have been found to be beneficial for children. Choose the ones that you believe will best suit your child.

## Top tips for bottom wiping



- **Encourage** - Be encouraging and praise their attempts.
- **Prompting** - Prompt your child by asking self analysing questions such as “is it clean?” instead of “you can stop now, it is clean”.
- **Sequencing** - A visual prompt card can be placed in the bathroom with either pictures or words with the correct sequence for bottom wiping.
- **Positioning** – Ensure your child is in a comfortable position on the toilet. Check the size of the seat – a child seat may need to be used. Check your child’s feet are either touching the floor or resting on a stool. Ensure the toilet paper/wipes are within easy reaching distance.
- **Effective cleaning** – Encourage child to wipe from front to back moving the toilet paper/wipe from side to side. Repeat until clean.
- **Plan** – Agree beforehand how much toilet paper should be used each time, the sequence of events and how the child will know when they are finished.

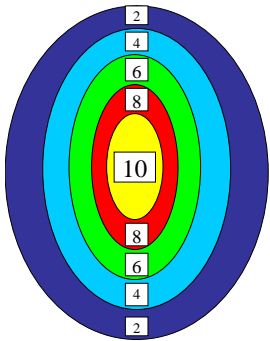
## Activities to practice bottom wiping



- **Mirrors** – a child can watch themselves cleaning in a mirror (an adult may have to position this for them). This will also allow them to check visually if they are clean.
- **Position** – Consider having your child stand up and raising one leg onto a stool. Have them hold onto a grab rail or the wall if off-balance.
- **Orientation** – Use child anatomy picture books to allow your child to visualise where the rectum is.
- **Guidance** – Put your hand over your child’s hand to encourage effective bottom wiping. Direct their hand less and less until they can manage independently.
- **Showering** – Encourage your child to wash their own bottom in the shower and to dry this with a towel after a bath or shower.
- **Toilet paper folding-** Start by placing an appropriate amount of toilet paper in front of your child. Encourage your child to fold the paper by grasping it at either end and bring the ends together or

holding the middle of the paper and allowing the ends to fall together. Make this task harder by removing the table and have the child fold the paper on their leg.

### Games to practice bottom Wiping



- **Peanut butter Game** – Smear some peanut butter on a plate. Give your child a flushable cleaning wipe and ask them to remove the peanut butter from the plate. Prompt your child to keep the wipe flat and to check the wipe for peanut butter stains after every wipe, if dirty fold wipe and continue until clean.
- **Peg Game** – Place clothes pegs onto the child's clothes such as sleeves, back of T-shirt or jumper, shorts, skirts, trousers or pyjamas. Ask the child to unclip the pegs which promotes good balance and practices turning round to reach and wipe. This can work with stickers or sticking pieces of fabric into their trousers to mimic a tail.
- **The Wipe Clean Game** – Create version of diagram pictured opposite and laminate. Place coloured liquid soap or other liquid substance (e.g. shaving foam) in centre of the diagram. Ask the child to attempt to wipe away the soap keeping it as close to the centre as possible. The child gains points for not spreading the soap around.
- **Bum-bag Game** – place some familiar objects in a bum-bag (pegs, buttons, pens etc). Play the bum-bag loosely around the child waist with the bag hanging over their bottom. Sit the child on a chair sideways or ideally a stool. Ask the child to reach behind to retrieve a specified object with their wiping hand.
- **Ball Game** – Have your child pass a ball or toy round their waist as quick as they can. Also have them pass it under each leg. This encourages reaching behind.
- **'Simon Says'** – Ask the child to touch different parts of their body (front and back). They can do this looking in a mirror.